

Todd C Hobgood Facial Plastic Surgery

DERMABRASION (SANDING) INSTRUCTIONS

You will need to purchase: Purpose soap or Cetaphil soap; antibiotic ointment (Bacitracin or Polysporin).

Morning of surgery:

1. Wash face thoroughly. Be sure *all* make-up is removed.

After surgery:

1. Rest and relax with your head slightly elevated for the next 48 to 72 hours.
2. If prescribed and necessary, take pain medication every three to four (3-4) hours. If you do not have pain, do not take the medication. For minimal pain, take Extra-Strength Tylenol.
3. Be sure to drink plenty of fluids to keep well hydrated.
4. During the first 24-hours, splash your face with cool water and *gently* pat dry. Do this several times. Apply antibiotic ointment to the treated area and reapply frequently to keep area moist at all times for the next week.
5. You may wash your face using the recommended soap (Purpose or Cetaphil) the next day. Lather in your hand and use fingertips to gently cleanse the face. Rinse and gently pat dry. Men may shave 48 to 72 hours after procedure.

Other Instructions:

1. Your skin will appear raw. Apply antibiotic ointment to keep moist for at least seven to ten (7-10) days, or until this appearance has diminished.
2. The skin may tingle and itch; these symptoms may be avoided by keeping the treated area well lubricated with antibiotic ointment.
3. **DO NOT** pick or scratch the skin, as this may result in undesirable scarring.
4. Avoid washcloths and abrasive materials on your face for at least seven to ten (7-10) days.
5. It is important that you *protect the treated area from sun exposure* for the next six (6) months. Use a sunscreen with an SPF of *at least 20 with both UVA and UVB protection*.

Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.